

WEEKLY REST COMPANION



BLOG #016
SANKALPA
AS A LIVING PRACTICE
NOT A GOAL

A gentle guide to integrating this week's Yoga Nidra themes

THIS WEEK'S FOCUS

How do you view sankalpa?
Do you see it as a practice rather than
a goal? Explain why.

SANKALPA

“I am a full embodied
spirit in the beingness and becoming
of sankalpa”

How did you anchor your sankalpa?
*(If you didn't this week, think about this section
for next week)*

- Morning reminder Midday Pause
- Before Rest During Yoga Nidra

MIDWEEK PAUSE

QUICK TIP

Pay attention to how your nervous system feels day to day doing regular things like brushing your teeth, making a tea, completing your workout, having a lazy morning, being still, commuting to work, being around your peers, just to name a few. These moments are a reflection of the state of sankalpa producing itself in your every day life.

How do you feel when you are
completely relaxed? Inspired? Present?
Uncomfortable?

REFLECT & RESET

FRIDAY REST RITUAL

From the moment you walk in your front door, watch how you feel doing the same things you do everyday? Getting comfortable, making dinner, eating dinner, taking the dog for a walk? How do you change from the world returning home?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

Have you found your sankalpa yet? If no, keep practicing and don't worry about it. Trust your inner wisdom will know when you're ready to receive it. and if yes, how is it showing for you?

**THANK YOURSELF FOR TAKING CARE OF YOURSELF THIS WAY
YOU'RE AN INSPIRATION TO SOMEONE!**